



Technological University Dublin
ARROW@TU Dublin

Cookery Books

Publications

1986

Wild & Free: Cooking from Nature: One Hundred Recipes and Folklore of Nature's Harvest

Cyril Ó Ceirín

Kit Ó Céirín

Follow this and additional works at: <https://arrow.tudublin.ie/irckbooks>

 Part of the [Arts and Humanities Commons](#)

Recommended Citation

Ó Ceirín, Cyril and Ó Céirín, Kit, "Wild & Free: Cooking from Nature: One Hundred Recipes and Folklore of Nature's Harvest" (1986). *Cookery Books*. 2.

<https://arrow.tudublin.ie/irckbooks/2>

This Book is brought to you for free and open access by the Publications at ARROW@TU Dublin. It has been accepted for inclusion in Cookery Books by an authorized administrator of ARROW@TU Dublin. For more information, please contact yvonne.desmond@tudublin.ie, arrow.admin@tudublin.ie, brian.widdis@tudublin.ie.



This work is licensed under a [Creative Commons Attribution-NonCommercial-Share Alike 3.0 License](#)



WILD & FREE

COOKING FROM NATURE
CYRIL & KITÓ CÉIRÍN



'a fascinating adventure into the world of nature cooking
... a lovely and useful book' *Limerick Leader*

WILD AND FREE

Cooking from Nature

This book is not only a practical handbook but a fascinating adventure into the largely undiscovered world of nature cooking.

SAVE MONEY

The hedgerow foods of nature are free for the taking — it is for us to harvest them. Most of these foods are left on the trees to wither each year.

Wild and Free concentrates on the kitchen larder and the wine cellar and describes the therapeutic, educational and reflective aspects of this great natural adventure.

100 RECIPES

Using 22 of the more common (and easy to find) wild herbs, plants and fruits, the authors describe how these plants can be used throughout the year in 100 recipes—jams, syrups, wines, desserts, soups, salads, stews, liqueurs and porridges.

There is a no-nonsense guide to preserving, fermenting and drying, using household utensils. There is a season by season description of nature, with month-by-month hints and tips for collecting.

THE AUTHORS

Cyril and Kit Ó Céirín have written this book together after many years of cooking, brewing and gathering, and experimenting with nature's harvest. Cyril has written two books in Irish and has translated another into English, and is an award-winning Irish-language poet.

Kit, his wife, has for years cooked with natural foods and she has inherited many traditional recipes.

'a fascinating book about nature's harvest'

Talkabout London

PUBLISHED 1986 BY THE O'BRIEN PRESS LTD.
20 VICTORIA ROAD RATHGAR DUBLIN 6.

FIRST PUBLISHED IN HARDBACK 1978

© COPYRIGHT RESERVED

ALL RIGHTS RESERVED. NO PART OF THIS BOOK MAY BE
REPRODUCED OR UTILISED IN ANY FORM OR BY ANY MEANS,
ELECTRONIC OR MECHANICAL, INCLUDING PHOTOCOPYING,
RECORDING, OR BY ANY INFORMATION STORAGE AND RETRIEVAL
SYSTEM WITHOUT PERMISSION IN WRITING FROM THE
PUBLISHER. THIS BOOK MAY NOT BE SOLD AS A REMAINDER,
BARGAIN BOOK, OR AT A REDUCED PRICE WITHOUT PERMISSION
FROM THE PUBLISHER.

BRITISH LIBRARY CATALOGUING IN PUBLICATION DATA

Ó CÉIRÍN, CYRIL

WILD AND FREE : COOKING FROM NATURE. — 2ND ED.

1. COOKERY (FRUIT) 2. COOKERY (VEGETABLES)

I. TITLE II. Ó CÉIRÍN, KIT

641.6'4 TX8.11

ISBN 0-86278-111-6

COVER DESIGN: FRANK SPIERS

COVER PHOTO AND BOOK DESIGN: MICHAEL O'BRIEN

TYPESETTING: REDSETTER LTD. DUBLIN

PRINTED BY RICHARD CLAY

WE WOULD ASK OUR READERS TO BEHAVE VERY RESPONSIBLY
WHEN THEY ARE PICKING WILD PLANTS. DO NOT OVERPICK - ALLOW
ENOUGH SEED FOR THE PLANT TO REGENERATE ITSELF. SOME
PLANTS WILL BE RARER IN SOME AREAS THAN OTHERS - TAKE NOTE
OF RARE SPECIES IN YOUR AREA AND DO NOT DEplete THE STOCK
OF ANY RARE SPECIES.

ALL THE PLANTS RECOMMENDED IN THIS BOOK ARE COMMON BUT
IN THE NORTH OF IRELAND THE COWSLIP IS A PROTECTED
SPECIES AND MAY NOT BE PICKED, UPROOTED OR DESTROYED, AND
THE PRIMROSE MAY BE PICKED, BUT NOT UPROOTED OR DESTROYED.

£4.95

Wild and Free

Cooking from Nature

*100 Recipes & Folklore
of
Nature's Harvest*

Cyril and Kit Ó Céirín

Illustrated by
CYRIL Ó CÉIRÍN



THE O'BRIEN PRESS
DUBLIN

CONTENTS

PART ONE

Nature's Calendar

The Four Seasons 15 Month-by-Month 22
at a Glance

PART TWO

Gathering the Harvest

Equipment 25 Harvesting 26
Preserving by Drying 27

PART THREE

Utilising the Harvest

Salads	30	Jam Making	32
Vegetables	31	Jelly Making	34
Soups	31	Bottling	35
Sweets and Desserts	31	Liqueurs	36
Syrups	32	Wine Making	37
Weights and Measures	47		



PART FOUR
*The Wild Foods
and
Recipes*

Beech	48	Furze/Whin	105
Blackberry	50	Hawthorn	109
Blackthorn	61	Hazel	113
Carrageen Moss	66	Meadow Sweet	117
Cowslip and Primrose	69	Mushroom	120
Crab Apple	74	Nettle	123
Dandelion	84	Plum	129
Dulse	90	Prashock/Charlock	134
Elder	91	Rose	138
Fraughan/Blueberry	99	Rowantree	144
Watercress	149		

Index to Wild Food 152

Index to Recipes 155

Trees of apples, huge and magic,
great its graces;
Crop in fistfuls from clustered hazel,
green and branching.

Sparkling wells and water-torrents,
best for drinking,
green privet there and bird-cherry
and yew-berries . . .

Eggs in clutches and God gives mast,
honey, heath-pease;
sweet the apples and the berries
of bog and heather.

A cup of mead from noble hazel,
swift the service;
acorns brown, bramble tresses
and their berries.

Then in summer pleasant mantle
of tasty savour;
marjoram, earth-nuts, and the tresses
of the streamlet

*From 7th century hermit poem,
translated by James Carney*

To our good friends,
Peter and Hilary O'Farrelly,
who assisted us not only with their
encouragement, knowledge and suggestions
but also by reading the manuscript.
Go méadaí Dia a stór.

